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activity on Mind was to about \$700, a significant drop from the \$1.2 million in 1990. The decline, attributed to a decrease in advertising, is particularly worrisome, especially the loss of potential for the company's new products, which are being developed and marketed. The company's new products, which are being developed and marketed, are being developed and marketed.



The central Kīpahulu area once supported a large population of Hawaiians. Current estimates place several hundred thousand people in the Hawaiian Islands at the time of Captain Cook's arrival.

These people were skilled at fishing, farming, collecting, and craftwork. Management of their resources was based on *Mauna 'Aia* (caring for the land, as if it still were alive). Hawaiians today, successful farmers, fishers, and gatherers depended upon the concepts of *hiki* (working together) and *hukua* (many hands). *Lū'i kōh* (barn patches), fishing shrimps, *hulu* (lumpfish), canoe races, and relaxing walks are lasting memories of these dynamic cultural ideals.



Fishing hook and line.



Small tree, every shade of green, stone statue.

Hawaiians showed great skill in creating ingenious and beautiful practical items from stone, bone, wood, and shell. A broad range of tools and utensils such as poi pounders, fish hooks, celatopes, and adzes were fashioned using only stone implements. The poi pounder was one of the most frequently used. Poi was prepared fresh daily by pounding green bananas (underneath stone) of the same island and thinning with water to the desired consistency.

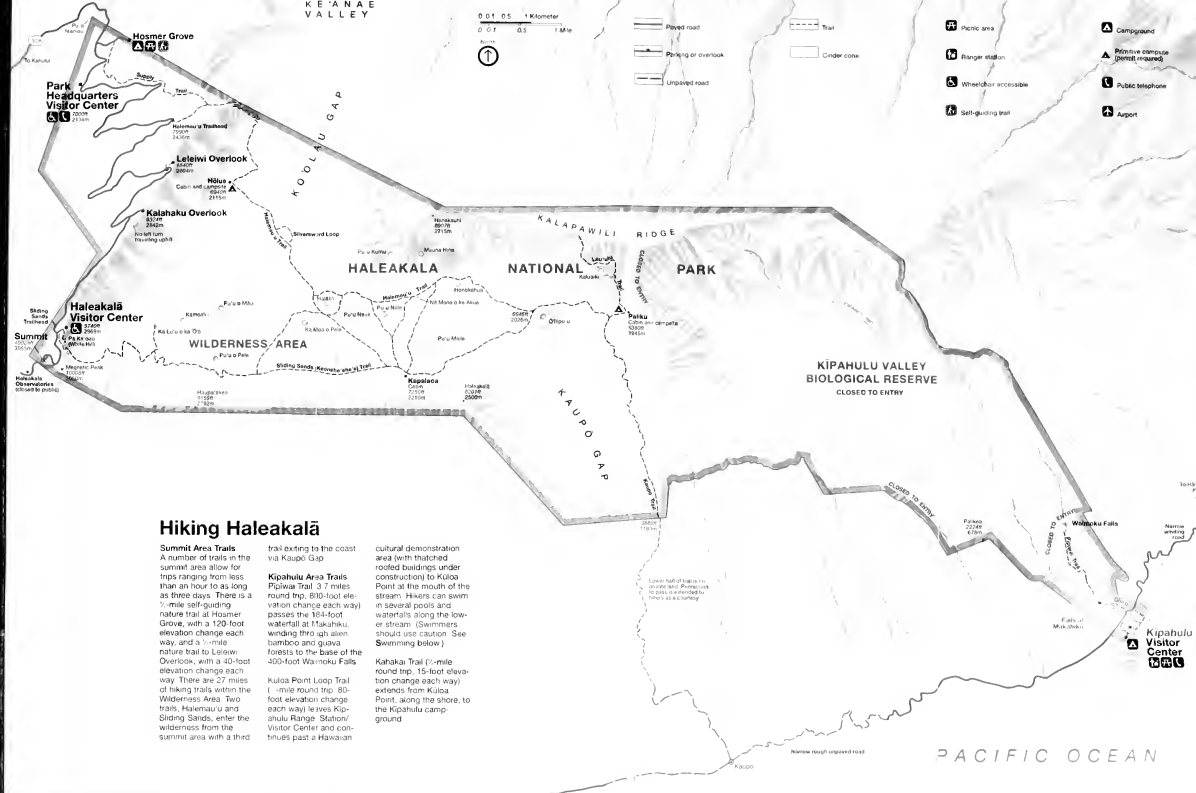
Agricultural practices in the islands were carefully managed according to the rhythms of nature. Maui at *Maunaloa* recommended planting based on the changes of a year round growing season. As with much of Hawaiian life, respect for the spiritual realm was shown during every phase of planting and harvesting. Fundamental patterns of Hawaiian culture were based on the planting and growth cycle of this plant. The concept of *uhane* (the family is derived from *uhu*, the spirit used to propagate *kalo*). The *uhane* worked together to build extensive irrigated terraces for the growing of more than 300 varieties of *kalo*.

Approximately 1,500 years ago, Polynesian colonists sailed large double-hulled canoes on migrational voyages from the South Pacific. They navigated over 2,500 miles of open ocean using nature's signs, such as stars, birds, winds, tides, and currents. To sustain themselves the Polynesians brought to the Hawaiian Islands food and medicinal plants, introducing cane, breadfruit, taro, banana, and coconuts. Kūia trees, found only on the Hawaiian Islands, provided logs for hulls of double and single-hulled canoes. Single outrigger canoes (see photo) were mostly used for leisure (fishermen) to catch deep-sea fish such as *aku* (barracuda).



Area used to ship cane.

Artifacts courtesy of Moa Cultural Center



Hiking Haleakalā

Summit Area Trails

A number of trails in the summit area allow for trips ranging from less than an hour to as long as three days. There is a 1/2-mile self-guiding nature trail at Hosmer Grove, with a 100-foot elevation change each way, and a 1/2-mile nature trail to Leliwa Overlook, with a 40-foot elevation change each way. There are 27 miles of hiking trails within the Wilderness Area. Two trails, Haleakalā and Sliding Sands, enter the wilderness from the summit area with a third

trail exiting to the coast via Kaupō Gap. **Kipahulu Area Trails** Pichewa Trail 3.7 miles round trip, 800-foot elevation change each way passes the 164-foot waterfall at Kipahulu, winding through alien bamboo and forest to the base of the 400-foot Waipaho Falls. Kula Point Loop Trail 1 1/2-mile round trip, 80-foot elevation change each way leaves Kipahulu Ranger Station and continues past a Hawaiian

cultural demonstration area (with thatched-roof buildings under construction) to Kula Point at the mouth of the stream. Hikers can swim in several pools and waterfalls along the lower stream. (Swimmers should use caution. See Swimming below.)

Haleakalā Trail 11-mile round trip, 15-foot elevation change each way enters from Kula Point, along the shore, to the Kipahulu campground.

Exploring the Park

Visitors to the park can explore the summit area or the Kipahulu area on the coast. Park headquarters and the 10,023-foot summit can be reached from Kipahulu via Hawaii 37 to 377 to 378. Driving time to the summit from the resort areas of Kīhei and Kā'anapali is about two hours. Kipahulu is reached via Hawaii 36 to 360 to 31. Driving time from the resort areas to Kipahulu is three to four hours.

Weather Weather and viewing conditions at the summit are unpredictable and can change rapidly. Be prepared for cool (30-50°F), wet, windy (10-40 mph) weather and intense sun. Sunrise is often clear, but expect crowds. Kipahulu is subtropical with light rain showers occurring any time of the year. Call 808-871-5054 for the forecast.

Driving Vehicles must remain on roads or in parking areas. Road hazards in and enroute to the park include steep turns, rocks, fog, rain, slippery pavement, cattle, bicyclists, large buses, and heavy traffic. When driving down from the summit of Haleakalā, use lower gears to prevent brake failure. Slower vehicles must use pullouts. If you have mechanical problems, move your vehicle out of traffic lanes while waiting for help.

Regulations and Safety Report accidents, violations, unusual incidents, or sightings of alien species to a ranger. Prohibited hunting, firearms, roller blades, State boards, disturbing any natural or cultural feature. Bicycles are restricted to paved roads and parking areas.

High altitude may complicate health conditions and cause breathing difficulties. Pregnant women, young children, and those with respiratory or heart conditions should consult their doctor regarding travel to high elevations. Turn back and seek medical aid if you have problems. The summit is about 30°F colder than the beaches. Weather conditions change rapidly. Hypothermia is a possibility any time of year.

Activities and Facilities

Begin your visit by stopping at one of the visitor centers: Park Headquarters Visitor Center (7,000 feet) or Haleakalā Visitor Center (9,740 feet) in the summit area, or the Kipahulu Ranger Station/Visitor Center. An entrance fee is charged to enter the summit area. No food or gas is available in the park. No water is available at Kipahulu. Public phones are at park headquarters and the Kipahulu parking lot.

Ranger Programs Talks and hikes are offered regularly. Call or write for details. Groups may arrange special programs subject to staffing; call at least one month in advance.

Hiking Trails are rugged and strenuous. Hiking off designated trails and cutting switchbacks are prohibited; they cause erosion and unsightly scars which mar the scenery for years to come. Off-trail hikers can unknowingly crush the roots of native plants like the silversword and trample unique insect species living among the rock and cinder.

Wilderness Area Water supplies are not potable; water should be treated before drinking. Use portable toilets where provided. If toilets are not available, bury waste and carry out paper—waste attracts alien ants which kill native species. There are no open fires permitted in the Wilderness Area. Sunscreen and other protective water are essential.

Pets Pets must be physically restrained at all times and are not allowed on trails. Nēnē and other ground-nesting birds are vulnerable to harassment and predation.

Camping Drive-in campgrounds are available at Hosmer Grove and Kipahulu, on a first-come, first-served basis. No permit is required and no fee is charged. Grills, picnic tables, and restrooms are provided at both campgrounds. Hosmer Grove has water. NO water is available at Kipahulu. Fires are allowed only in the grills. Wilderness Area camping is allowed only at Hōlua and Pāhū. Required permits are free and available on a first-come, first-served basis at park headquarters on the day of the trip. At all campgrounds, stays are limited to three nights per month and group size is limited to 12 people.

Wilderness Area Cabins Three primitive cabins, accessible only by hiking or horseback, are in the Wilderness Area. Reservations are by lottery. Lottery applications must be received two months prior to the first day of the month in which reservation is requested. Cabins are rented to one group of up to 12 people per night. Stays are limited to three nights per month.

Swimming Kipahulu streams are very dangerous at high water; the water can rise 4 feet in 10 minutes. People have lost their lives by ignoring warnings.

Swimming is also not recommended when streams are stagnant and not flowing. Ocean swimming is not recommended due to high surf and currents.

Plants and Animals Remove seeds from boots, rain gear, and tents before entering the park. One of the greatest threats to native species is the introduction of alien plants, seeds, and animals. Although some species such as the nēnē (Hawaiian goose) act tame, they are wild. Do not feed nēnē or other wildlife. Feeding causes the animals to beg and endangers them as they approach moving vehicles.

Cultural Resources Do not disturb or alter any rock structure.

Do not gather and stack rocks in *ahu* (piñales) along roads and trails and at overlooks. *Ahu* built long ago by Hawaiians are important cultural artifacts and should not be imitated or destroyed.

Administration The park is part of the National Park System, one of more than 370 parks that are important examples of our nation's natural and cultural heritage. It is administered by the National Park Service, U.S. Department of the Interior. For more information about the park contact: Haleakalā National Park, P.O. Box 369, Makawao, HI 96768, phone 808-572-9306. Internet: www.nps.gov/hale

